

# HEALTH PROMOTION CENTER RESOURCE CATALOG

## MARCH 2001

### 1 CHEMICAL SUBSTANCES

#### 1A ALCOHOL

- 1a1 Adult Children of Alcoholics 1990
- 1a2 Codependents' Guide to the Twelve Steps 1990
- 1a3 The Language of Letting Go (Daily Meditations for Codependents) 1990
- 1a5 Teenagers & Alcohol 1992

#### 1B DRUGS

- 1b1 Drugs: Issues For Today 1991
- 1b2 Drugs, Society, and Human Behavior 1993
- 1b3 Drugs in the Workplace 1989
- 1b4 Drugs and Alcohol Abuse 1994
- 1b5 Drugs and Alcohol in Perspective 1992

#### 1C MEDICATIONS

- 1c3 The Essential Guide to Psychiatric Drugs 1990
- 1c5 Psychiatric Drugs 1991
- 1c6 Coping with Medications 1993

### 2 BACK HEALTH AND ERGONOMICS

#### 2A BACK HEALTH

- 2a1 Understand Your Backache 1992
- 2a2 Back In Shape 1991
- 2a3.1 YMCA Healthy Back Book (2 cys) 1994
- 2a5 Your Healthy Back: Instructor's Manual
- 2a6 Back on Track: A Back Education Manual

#### 2B ERGONOMICS

- 2b1 The Ergonomics Manual 1990
- 2b2 The Way We Work: A User's Guide to Office Ergonomics (Instructor) 1991
- 2b2a The Way We Work: Self-Help Manual 1991

### 3 ILLNESS AND DISEASE

#### 3A CARDIOVASCULAR DISORDERS

##### 1 HEART DISEASE

- 3a1a.1 Dr. Dean Ornish's Program for Reversing Heart Disease (2 cys) 1990
- 3a1b.1 J. Hopkins Comp Guide for Prevent & Revers Heart Disease (2cys) 1993
- 3a1c The Healthy Heart: Handbook for Women
- 3a1d Stress, Diet, and Your Heart 1984
- 3a1e Heart Talk: Preventing & Coping With Silent, Painful Heart Disease 1987
- 3a1f Coronary Heart Disease: The Facts 1991
- 3a1g Learning to Live with Angina 1991
- 3a1h.1 Mayo Clinic Heart Book (2 cys) 1993

##### 2 CARDIAC REHABILITATION (No books available)

- 3 HIGH BLOOD PRESSURE
  - 3a3a.1 Learning to Live with Hypertension (2 cys) 1985
  - 3a3b Churches as an Avenue to High Blood Pressure Control 1992
  - 3a3c Hypertension & High Blood Cholesterol 1990
  - 3a3d High Blood Pressure in Pregnancy 1991
  - 3a3e The Heart in Hypertension 1991
  - 3a3f Management of Hypertension 1993
- 4 MISCELLANEOUS
  - 3a4a The Female Heart 1991
  - 3a4b Heart Illness and Intimacy 1992
- 3B DIABETES
  - 3b1 Diabetes: A Guide to Living Well 1992
  - 3b2.1 Learning to Live with Diabetes (2 cys) 1988
  - 3b3.1 Diabetes Care Made Easy (2 cys) 1992
  - 3b4 Clinical Diabetes Review Volume 1987
  - 3b5.1 Diabetes: Your Complete Exercise Guide (2 cys) 1993
  - 3b6 Como Controlar Su Diabetes (Different version than below)
  - 3b6.1 Como Controlar Su Diabetes (5 cys)
  - 3b7 Diabetes Book and Audio in German 1996
  - 3b9 Goals for Diabetes Education 1986
  - 3b10.1 Diabetes Mellitus - A Practical Handbook (2 cys) 1995
  - 3b12 Taking Diabetes to School 1994
  - 3b13 It's Time to learn About Diabetes
  - 3b14 Reversing Diabetes
  - 3b15 Diabetes from A to Z
  - 3b16 You Can Control Diabetes and High Blood Pressure 2000
  - 3b17 American Diabetes Association Complete Guide to Diabetes (2 cys) 1999
  - 3b18 The Uncomplicated guide to Diabetes Complications (2 cys) 1998
- 3C NEUROLOGICAL DISORDERS
  - 1 EPILEPSY
    - No books available on this subject
  - 2 ALZHEIMER
    - 3c2a Alzheimer's Disease: A Guide for Families 1991
    - 3c2b Coping with Alzheimer's and Other Dementing Illnesses 1993
    - 3c2c Alzheimer's: A Caregiver's Guide and Sourcebook 1992
    - 3c2d Alzheimer's Disease Guide to Federal Programs 1993
  - 3 HEADACHE
    - 3c3a Headache Relief 1990
    - 3c3b Defeating Pain 1991
  - 4 PARKINSON'S
    - 3c4a Living With Parkinson's: A Guide for the Patient and Caregiver 1993
    - 3c4b Living Well With Parkinson's 1991
  - 5 MULTIPLE SCLEROSIS

3c5a Living Well with MS: A Guide for Patient, Caregiver, and Family 1993

## 6 SPINAL CORD AND HEAD INJURY

No books available on this subject

## 7 STROKE

3c7a Stroke: Your Complete Exercise Guide 1993

3c7b Recovering from a Stroke 1992

## 9 HEPATITIS C

3c9a Living Healthy With Hepatitis C 2000

## 10 NEUROMUSCULAR

3c10a Neuromuscular Disorders: A Guide for Patient and Family 1987

## 3D CANCERS

3d1.1 Women's Cancers (2 cys) 1993

3d2 Breast Cancer and Ovarian Cancer: Beating the Odds 1992

3d3 50 Essential Things to Do When the Doctor Says It's Cancer 1993

3d4 Cancer Manual 1986

3d5 Cancer 1993

3d6 Lung Cancer: The Facts 1992

3d7 The Breast Cancer Handbook: Taking Control After You Found a Lump 1994

3d8 Confronting Cancer: How to Care for Today and Tomorrow 1994

3d9 Bowel Cancer: The Facts 1992

3d10 My Mommy Has Cancer 1993

3d11 Managing the Side Effects of Chemotherapy and Radiation 1995

3d12 When Someone You Love Has Cancer 1995

3d13 Breast Cancer - What Every Woman Should Know 1995

3d14 Colon Cancers & The Polyps Connection 1995

3d15 Making The Right Choice (Options in Cancer Surgery) 1995

3d16 Alternatives/ Cancer Therapy: A Complete Guide to Non-Traditional Treatments 1994

3d17 The Breast Cancer Companion 1993

3d18 Stealing the Dragon 1995

3d19 Chemotherapy and You 1990

3d20 Taking Time 1983

3d21 Managing the Effects of Chemotherapy 1987

3d22 Cancervive: The Challenge of Life After Cancer 1991

3d23 Finding a Lump In Your Breast 1996

3d24 Helping Your Mate Face Breast Cancer 1997

3d25 Your Breast Cancer Treatment Handbook 1998

3d26.1 Chemotherapy & You Self Help During Treatment (2 cys) 1987

3d27 Radiation & You Self Help During Treatment 1987

3d28 Caring for the Patient with Cancer at Home 1988

3d29 Bone Marrow Transplants 1992

3d30 What To Do If You Get Breast Cancer 1995

## 3E RESPIRATORY DISORDERS

3e1 Sinus Survival 1992

- 3e2 An Alternative Approach to Allergies 1990
- 3e3 Children with Asthma: A Manual for Parents 1988
- 3e4.1 The Asthma Self-Care Book (3 cys) 1992
- 3e5.1 Breathing Disorders: Your Complete Exercise Guide (3 cys) 1993
- 3e6 Cystic Fibrosis: A Guide for Patient and Family 1989
- 3e7 Conquering Your Child's Allergies 1989
- 3e8 The Allergy Sourcebook 1995
- 3e9 A Parent's Guide to Asthma 1994
- 3e10 Living With Asthma 1995
- 3e11 Guide to Your Child's Allergies and Asthma (2 cys) 2000
- 3F MUSCULAR/SKELETAL DISORDERS
  - 1 ARTHRITIS
    - 3f1a
      - 3f1b.1 Arthritis: A Comprehensive Guide (2 cys) 1990
      - 3f1c.1 Arthritis: Your Complete Exercise Guide (2 cys) 1993
      - 3f1d The Arthritis Helpbook 1990 (2 cys) Fifth Edition (1 cy) 2000
      - 3f1e Arthritis: What Works 1989
      - 3f1f Arthritis- Stop Suffering, Start Moving 1995
      - 3f1g.1 Conquering Carpal Tunnel Syindr/Other Repetitive Strain Injuries 1996
  - 2 SOFT TISSUE
    - No books available on this subject
  - 3 SKELETAL
    - 3f3a Osteoporosis: Questions and Answers 1993
    - 3f3b.1 The Back Pain Sourcebook (2 cys) 1995
  - 4 MISCELLANEOUS
    - 3f4a Coping with Lupus 1991
    - 3f4b Living With Lupus 1994
    - 3f4c Lupus Handbook for Women 1994
    - 3f4d Embracing the Wolf 1989
- 3G GASTROINTESTINAL DISORDERS
  - 3g1 Gastrointestinal Health: A Self-Help Nutritional Program 1992
  - 3g2 Coping with Bowel and Bladder Problem 1994
  - 3g3 Gut Reactions: Understanding the Symptoms of the Digestive Tract 1990
  - 3g4 Treating IBD 1989
  - 3g5 The Angry Gut: Coping with Colitis & Crohn's Disease 1993
- 3H SKIN HEALTH
  - 3h1 Healthy Skin: The Facts 1992
  - 3h2 The Look You Like 1990
  - 3h3 The Bare Facts: The Effect of Sun on Skin 1988
- 3I EYE, EAR, NOSE AND THROAT
  - 3i1 When the Hearing Gets Hard: Winning the Battle Against Hearing Impairment 1993

3i2 Stop the Snoring  
3J INFECTIOUS ILLNESSES  
3j2 Mononucleosis and Other Infectious Diseases 1989

3K ENDOCRINE DISORDERS  
No books available on this subject

3L RENAL & UROLOGICAL DISORDERS  
3l1 Making the Prostate Therapy Decision 1996

3M MISCELLANEOUS  
3m1 Chronic Fatigue & Tiredness: A Self-Help Program 1993  
3m2 Chronic Fatigue Syndrome: The Hidden Epidemic 1992  
3m3 Blood Disorders 1993  
3m4 Taking Charge (Challenges of Long-Term Illness)

#### **4 MENTAL HEALTH**

##### **4A CHILDHOOD DISORDERS**

###### **1 EATING DISORDERS**

4a1a How To get Your Kid To Eat...But Not Too Much 1987  
4a1b Making Peace With Food: Freeing Yourself from the Diet/Weight  
Obsession 1989

###### **2 DOWN'S SYNDROME**

No books available on this subject

###### **3 MENTAL RETARDATION**

No books available on this subject

###### **4 AUTISM**

No books available on this subject

###### **5 ATTENTION DEFICIT DISORDER**

4a5b Helping Children Overcome Learning Difficulties 1993  
4a5c A Parent's Guide to Attention Deficit Disorder 1991  
4a5d.1 Attention Deficit Disorder in Adults (3 cys) 1992  
4a5e.1 The Hyperactive Child, Adolescent, and Adult (2 cys) 1987  
4a5f You Mean I'm not Lazy, Stupid or Crazy 1996 (2 cys)  
4a5g Living with ADHD: A Practical Guide to Coping with ADHD 1995  
4a5h Driven to Distraction 1994

##### **4B STRESS MANAGEMENT**

4b1 Managing Stress: Before It Manages You 1980  
4b2 Kicking Your Stress Habits 1991  
4b3.1 Structured Exercise in Stress Management (Vol 1) 1983  
4b3.2 Structured Exercise in Stress Management (Vol 2)  
4b3.3 Structured Exercise in Stress Management (Vol 3)  
4b3.4 Structured Exercise in Stress Management (Vol 4)  
4b4 Beyond the Relaxation Response 1985  
4b5 How to Stay Calm, Cool & Collected When the Pressure's On 1992

- 4b6 Teaching About Stress 1989
- 4b7 Health Management Services: Stress Management Workshop 1983
- 4b8 Families and Change
- 4b9 The Book of Stress Survival: Identifying and Reducing the Stress in Your Life 1986
- 4b10 From Stress to Strength: How to Lighten Your Load /Save Your Life 1994
- 4b11 Working with Men's Groups Vol.I 1995
- 4b12 Guided Imagery for Groups 1995
- 4b13 Working with Women's Groups Vol. I 1994
- 4b14 Working with Women's Groups Vol. II
- 4b15 Healing Mind, Healthy Woman (3 cys) 1996
- 4b16 Chronic muscle Pain Syndrome 1996
- 4b17 The Relaxation Response 2 cys) (1975)
- 4b18 The Relaxation & Stress Reduction Workbook 5<sup>th</sup> Ed (2 cys) 2000
- 4C DEPRESSION
  - 4c1 Control Your Depression 1995
  - 4c3 Beyond Negative Thinking 1989
  - 4c4 Brilliant Madness 1993
- 4D PERSONALITY ISSUES
  - 4d1 Getting Control: Overcoming Your obsessions and Compulsions 1992
  - 4d2.1 You Mean I Don't Have to Feel This Way? (2 cys) 1993
  - 4d3 Moodswing 1989
  - 4d4 Leave Me Alone: Helping Your Troubled Teens 1993
  - 4d5 Feeling Good: The New Mood Therapy
  - 4d7 Your Perfect Right 1990
  - 4d9 Life 101 1994
  - 4d10 Life is Tremendous 1986
  - 4d11 The Greatest Miracle in the World 1987
  - 4d12 I Hate You...Don't Leave Me (1991)
- 4E SCHIZOPHRENIC DISORDERS
  - 4e1 Schizophrenia 1988
- 4F ANXIETY DISORDERS
  - 4f1 Why Am I Still So Afraid? (Post-Traumatic Stress Disorder)
- 4G DEATH AND DYING
  - 4g1 Living With Death and Dying 1982
  - 4g2.1 The Grief Recovery Handbook (2 cys) 1989
  - 4g3 Enjoying Every Day With A Terminal Illness 1993
  - 4g4 How to go on Living When Someone You Love Dies 1991
  - 4g5 Surviving Pregnancy Loss: A Complete Sourcebook for Women and Their Families 1992
  - 4g6.1 A Journey Through Grief (2 cys) 1990
  - 4g7 How to Survive the Loss of a Love 1991
  - 4g8 The Fall of Freddie the Leaf: A Story of Life for All Ages 1982
  - 4g9 Good Grief 1995
  - 4g10 Surviving Grief and Learning to Live Again 1992

4g11 Men and Grief 1991  
 4g12 Getting Through the Night 1982  
 4g13 Gentle Closings: How to Say Goodbye to Someone You Love 1991  
 4g14 Finding My Way 1994  
 4g15 Pain & Possibility: Writing Your Way Through Personal Crisis 1991  
 4g16 Helping the Bereaved Celebrate the Holidays 1992  
 4g17 Living When a Loved One Has Died 1993  
 4g18.1 On Death and Dying 1993 (2 cys)  
 4g19 No Time For Goodbyes 1991  
 4g20 Being a Widow 1988  
 4g21 Does Anyone Else Hurt This Bad...and Live? 1994  
 4g22 Cowbells and Courage  
 4g23 After Suicide: A Unique Grief Process 1987  
 4g24 A Guide for the Bereaved Survivor 1981  
 4g25 Stronger Than Death 1992  
 4g26 Suicide Prevention 1999 (2 cys)

#### 4H ADDICTION

No books available on this subject

#### 4I MISCELLANEOUS

4i1 Mental Illness: A Homecare Guide 1989  
 4i2 The Right to Innocence  
 4i3 Becoming Whole Again 1991  
 4i5 The Courage to Grieve 1980  
 4i6 Learning Disabilities 1989  
 4i7.1 New Testament {Contemporary English Version} (2 cys)  
 4i8 Complete Home Guide to Mental Health 1992  
 4i10 The 7 Habits of Highly Effective People (3 cys) 1989  
 4i11.2 First Things First (2 cys) 1994  
 4i12 Principle-Centered Leadership 1991  
 4i13 Sleep Secrets for Shift Workers 1996  
 4i14 Transforming Body Image 1988  
 4i15 Goodbye Insomnia, Hello Sleep 1994  
 4i16 Emotional Health

#### 4J RELATIONSHIPS

4j1 Overcoming Relationship Impasses 1991  
 4j2 Pulling Your Own Strings 1978  
 4j3 Your Erroneous Zones 1976  
 4j4 The Road Less Traveled 1978  
 4j5.1 Love is Never Enough (2 cys) 1989  
 4j6 Biting the Apple: Women Getting Wise About Love (2 cys) 1996  
 4j7 Women Who Love too Much 1985  
 4j8.1 The Dance of Deception (2 cys) 1993  
 4j9.1 The Dance of Anger (5 cys) 1989  
 4j10.1 The Dance of Intimacy (2 cys) 1990  
 4j11 The Invisible Partners 1980

- 4j12 The First Year of Marriage 1987
- 4j13.1 Getting Ready for Marriage (2 cys) 1984
- 4j15 The Owner's Manual: The Fast, Fun, Easy Way to Know Your Lover 1992
- 4j17 The Good Couple Life: A 12 Month Guide to Enriching Your Marriage
- 4j22 What Wives Wish Their Husbands Knew About Women 1979
- 4j24 Why Marriages Succeed or Fail 1994
- 4j25 The Silent Language 1981
- 4j28 The Case Against Divorce 1989
- 4j30 The 100 Most-Asked Questions About Love, Sex, and Relationships, 1998

## **5 NUTRITION AND WEIGHT MANAGEMENT**

### **5A HEALTHY COOKING AND EATING**

- 5a1 Food Finder 1990
- 5a2 Family Cookbook 1987
- 5a3 Family Cookbook Volume IV The American Tradition 1987
- 5a4 The New American Diet System 1991
- 5a5 The American Heart Association Cookbook 1986
- 5a6 What's Cooking at the Cooper's Clinic 1992
- 5a8 Life's Simple Pleasures 1990
- 5a9 Quick and Healthy 1991
- 5a10.1 Convenience Food Facts (2 cys) 1991
- 5a11 The Fast Food Diet: Quick and Healthy Eating at Home & On the Go 1991
- 5a12 60 Days of Low-Fat-Cost Meals in Minutes 1992
- 5a13 Lunches to Go 1991
- 5a14.1 Exchanges for all Occasions (2 cys) 1993

### **5B GENERAL NUTRITION**

- 5b1 Diet and Nutrition 1988
- 5b2 Nutrition of the Cancer Patient 1988
- 5b3 The Healthy Eaters Guide to Family & Chain Restaurants 1993
- 5b4 Safe Food: Eating Wisely in a Risky World 1991
- 5b5 The Complete Book of Food Counts 1991
- 5b6.1 Health Counts: A Fat & Calorie Guide (2 cys) 1991
- 5b7 Eat Away Illness 1992
- 5b8.1 Eating On The Run 1992
- 5b9 Child of Mine: Feeding With Love and Good Sense 1991
- 5b10 Nutrition for the Prime of Life 1993
- 5b11 Exchange Lists for Meal Planning (Diabetes) 1989
- 5b12 Power Nutrition, 1998

### **5C CHOLESTEROL CONTROL**

- 5c1 Controlling Cholesterol 1988
- 5c3 Brand Name: Fat and Cholesterol Counter 1994
- 5c5 Report of the Expert Panel on Blood Cholesterol Levels in Children 1991
- 5c6 Cholesterol: Current Concepts for Clinicians 1991
- 5c7 Heart Smart: A Plan for Low Cholesterol Living 1987



- 5c8.1 Fat & Cholesterol (2 cys) 1995
- 5c9.1 Fat & Fiber (2 cys) 1995
- 5c10 Step By Step Eating to Lower Cholesterol
- 5c11 Good Fat Bad Fat

#### 5D WEIGHT MANAGEMENT

- 5d1 The New Fit or Fat
- 5d2 Take the Tangle Out of Managing Your Weight (Leader's Guide) 1993
- 5d3 The Lighter Side of Life
- 5d4 The Fat Counter 1993
- 5d5 Fit For Life 1985
- 5d6 The Serotonin Solution (2 cys) 1997
- 5d7 The Calorie Counter 2000

#### 5E MISCELLANEOUS

- 5e1 The Complete Guide to Food Allergy and Intolerance 1989
- 5e2 Activities for Teaching Nutrition
- 5e3 A Substance Called Food 1988
- 5e4 Sports Nutrition Guidebook (2 cys) 1997
- 5e5 The Food Allergy Book 1995
- 5e6 Nutritional Needs of the 6-12 Month Old Infant 1991
- 5e7 Be Good To Your Gut 1996
- 5e8 Nutrition 1983
- 5e9 It's Hearty Fare 1993
- 5e10 Ginko Biloba, 1998

Note: Nutrition Curriculum books and Videos, Performance Power, see items 18a & 18b

### 6 PHYSICAL FITNESS

#### 6A GENERAL FITNESS

- 6a1 Exercise Psychology 1997
- 6a2 Advanced Fitness Assessment and Exercise Prescription 1991
- 6a3 Physiology of Fitness
- 6a4 Implementing Health Fitness Programs 1986
- 6a5 Physical Activity, Fitness, and Health 1993
- 6a6 ACSM Fitness Book 1991
- 6a7 Anthropometric Standardization Manual 1992
- 6a8 Living Anatomy 1990
- 6a10 Stretching 1980
- 6a11 Fitness Walking
- 6a12 Lore of Running 1991
- 6a13 Healthy Runner's Handbook 1996
- 6a14 Fitness Cross-Training
- 6a15 Fantastic Water Workouts 1993
- 6a16 Physiology Of Sport and Exercise 1994
- 6a17 Weight Training Steps to Success 1992
- 6a18 More Muscle
- 6a20 The 90-Day Fitness Walking Program 1995

- 6a21 Active Living 1995
- 6a22 Psychology for Health Fitness Professionals 1995
- 6a23 Applied Body Composition Assessment 1996
- 6B AEROBIC EXERCISE
  - 6b1 Aerobic Fitness and Health 1994
- 6C PHYSICAL THERAPY/REHAB
  - 6c1 Rehabilitation Techniques in Sports Medicine 1994
  - 6c2 Color Atlas of Injury in Sports 1990
  - 6c3 Athletic Injury Assessment 1994
  - 6c4 Clinical Experiences in Athletic Training 1990
  - 6c5 Rehabilitation of Athletic Injuries 1987
  - 6c6 Play Healthy, Stay Healthy (Managing & Treating Sports Injuries) 1991
- 6D FITNESS FOR SPECIAL POPULATIONS
  - 6d1 Conditioning with Physical Disabilities 1994
  - 6d2 The Bodywise Woman 1990
  - 6d3.1 Fitness Fun - Games and Activities for Children (3 cys) 1992
  - 6d4 Strength Training for Young Athletes (2 cys) 1993
  - 6d5 Shaping Up for a Healthy Pregnancy
  - 6d6 The Black Man's Guide to Good Health 1994
  - 6d7 Body and Soul (Black Women's Guide to ....Health) 1994
  - 6d8 Strength Training for Women 1995
  - 6d9 Exercise Programming for Older Adults 1995
  - 6d10 Fitness Programming and Physical Disability 1995
- 6E CONDITIONING FOR SPORTS
  - 6e1 High-Performance Training for Track and Field 1991
  - 6e2 Strength and Power in Sports 1992
  - 6e3 Training For Sport and Activity 1988
  - 6e4 Functional Anatomy in Sports 1990
  - 6e5 Science and Medicine in Sports 1992
  - 6e6 Assessing Sport Skills 1993
  - 6e9 Advances in Exercise Adherence 1994
  - 6e10 Developmental Exercise Psychology 1996
  - 6e11 The Business of Personal Training 1996

## 7 SEXUALITY

### 7A SEXUALITY ISSUES

- 7a1 Risk and Responsibility 1989
- 7a2 Unfinished Business 1992
- 7a3 Considering Condoms
- 7a5 Guidelines for Comprehensive Sexuality Education
- 7a6 Partners in Diversity 1988
- 7a7 Sexuality Today 1988
- 7a8 Sexual Preference 1981

### 7B HIV&AIDS

- 7b1 Getting the Word Out 1990
- 7b2 When Someone You Know Has AIDS A Practical Guide 1987
- 7b3 AIDS: Trading Fears for Facts 1991
- 7b5 Does AIDS Hurt? 1992
- 7b6 The AIDS Challenge 1988
- 7b7 The AIDS Benefits Handbook 1990
- 7b8 Support Groups: The Human Face of the HIV/ AIDS Epidemic 1992
- 7b9 AIDS and HIV Education: Effective Teaching Strategies 1991
- 7b10 Surviving with AIDS 1991
- 7b11 Training Educators in HIV Prevention (an inservice manual) 1990
- 7b12.1 AIDS (2 cys) 1990
- 7b13 AIDS Education 1992
- 7b14 AIDS: The New Facts of Life (teacher's guide)
- 7b15 Impact AIDS Incorporated (AIDS 101 slide show, script) 1988
- 7b16 Communication Strategies for HIV/ AIDS and Sexuality 1990
- 7b17 Women and AIDS: What We Need to Know 1990
- 7b18 AIDS: Education in the Workplace 1987
- 7b19 AIDS: Care at Home 1994
- 7b20 HIV Prevention: The Facts 1994
- 7b21 Winning the Battle: Developing support for Sexuality & HIV/AIDS Education 1991
- 7b22 Staying Healthy with HIV 1993
- 7b23 Reducing the Risk 1993
- 7b24.1 Reducing the Risk (student handbook) 1993
- 7b25 HIV & The Health Care Worker 1992
- 7b26 And The Band Played On....1988
- 7b27 Now That You Know: Living Healthy With HIV
- 7b28 AIDS & HIV Infection 1994
- 7b29 San Francisco AIDS Foundation: Speaker's Bureau Manual (2 cys) 1993
- 7b30 Business Responds to AIDS 1992
- 7b31 The Next Step HIV in the 90's 1989
- 7C OTHER STDs
  - 7c1 Entering Adulthood: Preventing Sexually Related Disease 1989
  - 7c1.1 Entering Adulthood: Preventing Sexually Related Disease (student workbook) 1989
  - 7c2 STD: Educator's Guide to AIDS and Other STD's 1989
  - 7c3 STD Prevention: Health Facts 1994
- 7D SEXUALITY AND TEENS
  - 7d1 Healthy Adolescent Sexual Development 1990
  - 7d2 Sex and America's Teenagers 1994
  - 7d3 Bodies, Birth, Babies: Sexuality Education/Early Childhood Programs 1993
- 7E CONTRACEPTIVES
  - 7e1 Condom Educator's Guide

## 8 SURGERY AND TREATMENT

## 8A CARDIOVASCULAR

No books on this subject

## 8B ENDOCRINE

No books on this subject

## 8C NEUROLOGICAL DISORDERS

No books on this subject

## 8D CANCERS

8d1 Winning the Chemo Battle 1988

8d2 Self Help For the Laryngectomee 1997

## 8E RESPIRATORY DISORDERS

No books on this subject

## 8F MUSCULAR/SKELETAL DISORDERS

8f1 Orthopedic Surgery 1994

## 8G GASTROINTESTINAL

No books on this subject

## 8H COSMETIC

No books on this subject

## 8I EYE, EAR, NOSE AND THROAT

No books on this subject

## 8J RENAL AND UROLOGICAL DISORDERS

8j1 A Patient's Guide to Dialysis and Transplantation 1980

## 8K MISCELLANEOUS

8k1 Medical Tests and Diagnostic Procedures 1990

8k2 Care of the Patient in Surgery 1995

8k3 Nonphysician's Guide to the Medical History and Physical Examination 1991

8k4.1 Complete Guide to Symptoms, Illness & Surgery (2 cys) 1989

8k6 The Body in Brief 1993

# 9 TOBACCO

## 9A SMOKING

9a1.1 The No-Nag, No Guilt Do It Your-Own-Way to Quitting (2 cys) 1987

9a2 Fresh Start: 21 Days to Stop Smoking 1986

9a3 Ready Set Stop: How to Quit Quitting for Good

9a4 QUIT 1988

9a5 Switch Down and Quit....1987

# 10 HEALTH PROMOTION

## 10A WELLNESS

10a1 The Wellness for Life Workbook

10a2 Wellness The Encyclopedia 1991

10a3.1 Structured Exercise in Wellness Promotion (Vol 1) 1990

10a3.2 Structured Exercise in Wellness Promotion (Vol 2) 1990

10a3.3 Structured Exercise in Wellness Promotion (Vol 3) 1986

- 10a3.4 Structured Exercise in Wellness Promotion (Vol 4) 1988
- 10a4 Your Good Health 1987
- 10a5 Dr. Whitaker's Guide to Natural Healing 1995
- 10a6 The Woman's Comfort Book (3 cys) 1992
- 10a7 Wellness: A Guide to Staying Healthy 1996
- 10a8 From Fatigued to Fantastic (2 cys) 1996
- 10B SELF-CARE
  - 10b1 The Physician Within 1987
  - 10b2 Peace Love and Healing 1990
  - 10b3 Minding the Body, Mending The Mind 1988
  - 10b4 Cuidate: Guia Para Una Mejor Atencion Medica 1988
  - 10b5 You Can't Afford the Luxury of a Negative Thought 1995
  - 10b6 Complementary Medicine 1993
  - 10b7 Anatomy of an Illness 1981
  - 10b8 Mayo Clinic Family Health Book
  - 10b9 Love, Medicine and Miracles 1990
  - 10b10 Good Health Handbook 1995
  - 10b11 Active Living 1995
  - 10b12 Your Skin...An Owner's Guide (Maintaining healthy skin) 1995
  - 10b13 Alternative Medicine Self-Care Guide (5 cys) 1999
  - 10b14 Emergency Medical Treatment (2 cys) 1993
  - 10b15 Vitamin Cures 1998
  - 10b16 Outdoor Emergency Medical Guide (2 cys) 1996
- 10C HEALTH EDUCATION
  - 10c1 Life's Choices: Health Concepts and Strategies 1988
  - 10c2 Core Concepts in Health 1982
  - 10c3 Connections for Health 1986
  - 10c4 Decisions for Health 1989
  - 10c5.1 Healthy People 2000 (3 cys) 1990
  - 10c6 Lifestyle Workshops 1989
  - 10c7 Home Health Nursing Care Plans 1993
  - 10c8 Practical Math for Health Fitness Professionals 1996
  - 10c9 Well Informed: Your Guide to Health and Vitality 1999
- 10D SAFETY
  - 10d1 Safety: A Personal Focus 1992
  - 10d3 Infection Control in the Child Care Center/Preschool 1993
- 10E PATIENT EDUCATION
  - 10e1 Patient Education: Nurses in Partnership With Other Health Pros 1992
  - 10e2 The Process of Patient Education 1993
  - 10e3 Patient Education in Home Care 1988
  - 10e4 Patient and Family Education 1986
  - 10e5 Patient Information in Medicine
  - 10e6 Effective Patient Education 1994
  - 10e7 Patient Education 1992
  - 10e8 Patient Education: A Practical Approach 1992

- 10e9 Handbook of Patient Education 1989
- 10e10 Health Schemes, Scams and Frauds 1990
- 10F TAKING CARE OF YOURSELF
  - 10f1.1 Health at Home 3rd ed. (4 cys) 1998
  - 10f2 Taking Care 1st ed. 1997
  - 10f3 Taking Care - VA Version, 1st ed. 1997
  - 10f4 Taking Care - Tricare Version, 1st ed. 1997
  - 10f5 Take Care of Yourself 7th ed.
  - 10f6 Taking Care of Your Child 3rd ed. 1990
  - 10f7 Taking Care of Your Child 4th Ed. (2 cys) 1996
  - 10f8 Healthwise for Life - Medical Self-Care for Healthy Aging 2nd ed. 1996
  - 10f9 Healthwise for Life - Medical Self-Care for Healthy Aging 3rd ed. 1998
  - 10f10 Healthwise for Life - Medical Care for People 50 and Better 3rd ed. 1998
  - 10f11 Healthwise Handbook - A Self-Care Manuel for You 13th ed. 1997

## 11 WOMEN'S HEALTH

### 11A BREAST HEALTH

- 11a1.1 Dr. Susan Love's Breast Book (3 cys) 1990
- 11a2 Bosom Buddies – Lessons and Laughter 1999

### 11B PMS

- 11b1 PMS Self Help Book 1984

### 11C MENSTRUATION AND MENOPAUSE

- 11c1 Hormones, Hot Flashes and Moodswings 1994
- 11c2 Menopause Without Medicine 1992
- 11c3 The Silent Passage 1993 (2 cys)
- 11c4.1 Menstrual Cramps (2 cys) 1993
- 11c5 What Your Doctor May *Not* Tell You About Premenopause (2 cys) 1999
- 11c6 What Your Doctor May *Not* Tell You About Menopause (2 cys) 1996

### 11D FERTILITY

- 11d1 Getting Pregnant When You Thought You Couldn't 1993
- 11d2 The Fertility Sourcebook 1996
- 11d3 The Language of Fertility
- 11d4 Getting Pregnant!
- 11d5 The Birth Control Book
- 11d6 A Woman Doctor's Guide to Infertility 1994

### 11E ILLNESSES AND DISORDERS

No books available on this subject

### 11F MISCELLANEOUS

- 11f1 Take This Book to the Gynecologist with You 1991
- 11f2 Who? What? Where? Resources for Woman's Health and Aging 1985
- 11f3 Abortion and Women's Health
- 11f4 Every Woman's Medical Handbook 1988
- 11f7 Eating for Two 1992
- 11f8 Woman to Woman 1997
- 11f9 The No-Hysterectomy Option 1990

- 11f10 Living With Endometriosis 1987
- 11f11 A New Prescription for Women's Health 1995
- 11f12 Good Housekeeping...Guide to Women's Health
- 11f13 When Women Stop Hating Their Bodies 1995
- 11f14.1 Women's Bodies, Women's Wisdom (3 cys) 1995
- 11f15 The New Our Bodies, Ourselves (3 cys)
- 11f16 Emotional Health 1996
- 11f17 Solving the Mystery of Breast Discharge
- 11f18 New Choices in Natural Healing for Women, 1997

## **12 PREGNANCY AND BIRTH**

### **12A PREGNANCY**

- 12a1 Pregnancy Childbirth and the Newborn 1991
- 12a2.1 Elisabeth Bing's Guide to Moving Through Pregnancy (2 cys) 1991
- 12a3.1 What to Expect When You're Expecting (2 cys) 1991
- 12a3a.1 Que Se Puede Esperar Cuando Se Esta Esperando (2 cys)
- 12a4 Which Tests for My Unborn Baby 1993
- 12a6 Mother To Be: A Guide to Pregnancy and Birth For Women With Disabilities 1991
- 12a7.1 Take This Book to The Obstetrician With You (2 cys)
- 12a8 Color Atlas of Life Before Birth 1990
- 12a9.1 The Expectant Father (3 cys) 1992
- 12a10 Nutrition in Pregnancy and Lactation 1993
- 12a11.1 The Mayo Clinic Complete Book of Pregnancy (2 cys) 1990
- 12a12.1 No More Morning Sickness (3 cys) 1993
- 12a13 The Complete Book of Pregnancy and Childbirth
- 12a14 Having Twins 1991
- 12a15 Advice From A Pregnant Obstetrician

### **12B BIRTH**

- 12b1 Birth After Cesarean
- 12b2 A Child Is Born
- 12b3 Embarazo La Infancia Y La Ninez 1991
- 12b4.1 Six Practical Lessons for Easier Childbirth (5 cys) 1994
- 12b5 The Birth Book 1994

### **12C BREASTFEEDING**

- 12c1 A Practical Guide to Breastfeeding 1991
- 12c2 The Breastfeeding Answer Book 1996

## **13 PEDIATRICS & PARENTING**

### **13A POST-NATAL CARE**

- 13a1 Taking Care of Your Child 1990
- 13a2.1 Your Child's Health (2 cys) 1991
- 13a3.1 Caring for Your Baby and Young Child (4 cys) 1998
- 13a4 The First Twelve Months of Life 1978
- 13a5 Guide to Your Child's Sleep (5 cys) 1999

- 13a6 Guide to Your Child's Nutrition 1999
- 13a7 Guide to Your Child's Symptoms 1997
- 13a8 Caring For Your School-Age Child (2 cys) 1999
- 13a9 Caring For Your Adolescent (2 cys) 1991

#### 13B ILLNESSES

- 13b1 Children with Cerebral Palsy 1991
- 13b2 Is This Your Child? 1991
- 13b3 Understanding Down Syndrome 1996
- 13b4 Babies with Down Syndrome (2 cys) 1995

#### 13C BEHAVIOR

- 13c1.1 The Grieving Child (2 cys) 1992
- 13c2 1-2-3 Magic 1984
- 13c3 The Emotional Problems of Normal Children 1994
- 13c5 The Strong-Willed Child 1985

#### 13D MISCELLANEOUS

- 13d2 Child Health Encyclopedia
- 13d4 What's Happening to My Body? Book For Boys 1988
- 13d5 Instructions For Pediatric Patients 1992
- 13d6 Solve Your Child's Sleep Problems

#### 13E PARENTING

- 13e1.1 The Parent's Handbook (2 cys) 1989
- 13e2.1 Parenting Young Children (2 cys) 1989
- 13e3 Parenting Teenagers
- 13e4 This is Our Child: How Parents Experience the Medical World 1991
- 13e5 Get Out of My Life 1991
- 13e6 Children: The Challenge 1990
- 13e7 Practical Parenting 1992
- 13e8.1 Having Twins (2 cys) 1991
- 13e9 The Parent's Answer Book (3 cys) 1994

### 14 HEALTH CARE

#### 14A GENERAL

- 14a1 Guide to the American Medical Association Historical Health Fraud and Alternative Medicine Collection 1992
- 14a2 Healthcare 1993
- 14a3 Making Choices: Ethics Issues for Health Care Professionals 1980
- 14a4 Measuring and Managing Patient Satisfaction 1990
- 14a5 Alternative Health Methods 1993
- 14a6 The Health of Populations 1994
- 14a7 Worse Than The Disease 1988
- 14a8 Planning for Uncertainty 1983
- 14a10 Dependent Care Policies for Federal Employees



- 14a11 Prepared for Health Care: A Consumer's Guide to Better Medical
- 14a12 A Guide to Medical Care Administration: Concepts & Principles
- 14a13 Race, Gender and Health 1996
- 14a14 Health Care for Beginners 1994
- 14a15 Medicine, Money and Morals 1993

## **15 GERIATRICS**

### **15A GENERAL**

- 15a1 Aging: The Facts 1992
- 15a2 Aging Well 1989
- 15a3 Ageless Body, Timeless Mind 1993
- 15a4 Health in The Later Years 1992
- 15a5 Wellness for Senior Leaders (Army) 1995

### **15B CARE**

- 15b1 Parentcare Survival Guide
- 15b2 Caregiving and You: A Resource Guide for Long-Term Care 1991
- 15b3 The Big Squeeze – Aging Parents

### **15C ILLNESS**

- 15c1 Family Caregiving in Chronic Illness 1991

### **15D MISCELLANEOUS**

- 15d1 Taking Care of Today and Tomorrow 1991
- 15d2 A Consumer's Guide to Aging

## **18 PERFORMANCE POWER/THE NUTRITION CONNECTION**

### **Use in Connection With the 18a Video Series**

- 18a1 Performance Power...The Nutrition Connection: Participant's Manual
- 18a2 Performance Power...The Nutrition Connection: Instructor's Guidelines

## WOMEN'S HEALTH ROOM BOOK LIST

W-3a1.2	Taking Care of your Child 1994
W-3d6.1	For Single Women With Breast Cancer – English 1997
W-3d6.2	For Single Women With Breast Cancer – Spanish 1997
W-3d7.1	When the Woman You Love Has Breast Cancer – English 1997
W-3d7.2	When the Woman You Love Has Breast Cancer – Spanish 1997
W-3d8	I Still Buy Green Bananas - Living With Breast Cancer 1997
W-3d9	Helping Your Mate Face Breast Cancer 2nd ed. 1997
W-3d10	Finding a Lump in Your Breast (1st Ed. 1996)
W-3d11	Solving the Mystery of Breast Discharge 1st ed. 1996
W-3d12	Solving the Mystery of Breast Pain 1st ed. 1996
W-3d13	Breast Cancer- What Every Woman Should Know 199
W-3d14	Be a Survivor - Your Guide to Breast Cancer Treatment 2nd ed. 1998
W-3d15	Your Breast Cancer Treatment Handbook 1998
W-4b15.3	Healing Mind, Healthy Woman 1996
W-4i7.1	New Testament 1991
W-4j9.1	The Dance of Anger 1985
W-6a21	Active Living 1995
W-8k4	Complete Guide to Symptoms, Illness & Surgery 199
W-10a6.3	The Woman's Comfort Book 1992
W-10b13	Take Care of Yourself
W-11a1.1	Dr. Susan Love's Breast Book 1996
W11f1.1	Take this Book to the Gynecologist with You 1992
W-11f11	A New Prescription for Women's Health 1995
W-11f12	Good Housekeeping...Guide to Women's Health 1995
W-11f14	Women's Bodies, Women's Wisdom 1994
W-11f15	The New Our Bodies, Our Selves 1992
W-12a3	What to Expect When You're Expecting 1991
W-12a7.1	Take this Book to the Obstetrician With You 1991
W-12a12.3	No More Morning Sickness 1993
W-12b4.1	Six Practical Lessons for an Easier Childbirth 1994
W-13a1	Coping With Lymphedema 1st ed. 1998
W-13c6	The Womanly Art of Breastfeeding 1997

- W 3d18.1 Stealing the Dragon's Fire 199
- W 3d17.1 The Breast Cancer Companion 1994
- W-14 Marketing Health Care to Women
- W-15a An Introduction to Survey Research, Polling, and Data Analysis
- W-15b Research Design Qualitative & Quantitative Approaches
- W15c Marketing Know-How
- W16 Clinician's Handbook of Preventative Services
- W17 Bosom Buddies-Lessons/Laughter On Breast Health/Cancer 1999

### **WOMEN'S HEALTH ROOM VIDEO LIST**

- W-3d15 Coping with Cancer
- W-3k3.1 Hormone Replacement Therapy
- W-7b12 Stopping the Spread of HIV and Aids
- W-7e3.2 Contraceptive Choices
- W-7e3.3 Making a Smart Choice - Contraceptive Injection 1995
- W-8k9.1 Your Surgical Experience
- W-11a4.1 Breast Self Exam and Breast Health
- W-11a5 Mammography
- W-11a6 After Your Mastectomy
- W-11b1.2 Premenstrual Syndrome
- W-11e.2 Vaginitis and Abnormal Gynecological Discharges
- W-11e7 Colposcopy:Abnormal Pap Smear
- W-11f9.1 The Gynecological Examination
- W-11f13 Laparoscopically Assisted Vaginal Hysterectomy
- W-11f14 Hysterectomy
- W-11f17 Woman to Woman Seminar Vol I (Varied topics) 1998
- W-11f18 Woman to Woman Seminar Vol II (Varied topics) 1998
- W-12a12.1 Prenatal Care
- W-12b13 Birth

### **WOMEN'T HEALTH ROOM AUDIO LIST**

- W-1a1 Seeds of Light - Healing Meditations for Body and Soul 1997
- Relief & Results (Computer Software) 1997

# HEALTH PROMOTION VIDEO CATALOG

## 1 CHEMICAL SUBSTANCES

### 1A ALCOHOL

- 1a1 Alcohol and Drugs 1987
- 1a2 What Everyone Should Know About Drinking and Driving
- 1a3 Consumer Seduction: From Romance to Reality 1992
- 1a4 Selling Addiction 1992
- 1a5 Why Do People Drink
- 1a6.1 Medical Complications of Alcohol Dependence
- 1a6.2 Treatment of Alcohol Dependence
- 1a6.3 The Family and Alcohol Dependence
- 1a6.4 Social and Behavioral Consequences of Alcohol Dependence
- 1a7 Medical Effects of Alcohol Use
- 1a8 Serenity: Imagery for Enhancing Recovery From Chemical Dependence

### 1B DRUGS

- 1b1 A Nightmare on Drug Street 1989
- 1b2 Over-the-Counter Medicines

### 1C MEDICATIONS

- 1c1 Wise Use of Medications

## 2 BACK HEALTH AND ERGONOMICS

### 2A BACK HEALTH

- 2a1 Say Goodbye to Back Pain
- 2a2 Back Strength and Fitness
- 2a3.1 YMCA Healthy Back Video (2 cys) 1994
- 2a4 Treat Your Own Back and Neck Pain
- 2a5 Head, Neck, and Spine Injuries
- 2a6 Magnetic Resonance Imaging (MRI): Lumbar Spine
- 2a7 Bone Scan-Lumbar Spine
- 2a8 Physical Therapy and Chronic Pain Management: Lumbar Spine
- 2a9 Lifting, Moving, and Positioning
- 2a10.2 B-A-C-K Posture, Mechanics, Exercise (2cys)

### 2B ERGONOMICS

- 2b1.1 Cumulative Trauma: Reducing the Risk 1: It All Adds Up
- 2b1.2 Cumulative Trauma: Reducing the Risk 2: Meeting the Challenge
- 2b1.3 Cumulative Trauma: Reducing the Risk 3: Managing Cumulative Trauma

## 3 ILLNESS AND DISEASE

### 3A CARDIOVASCULAR DISORDERS

#### 1 HEART DISEASE

- 3a1a Angina
- 3a1aa Angina (different version)
- 3a1b Angina Pectoris

- 3a1bb Angina: Lets Get To The Heart Of It
- 3a1c.1 Women and Heart Disease (2 cys) 1989
- 3a1d At Home With Heart Disease
- 3a1e Psychological Reactions to Heart Disease
- 3a1f Prevention of Heart Disease
- 3a1g Learning About Heart Attacks: Causes and Risk Factors
- 3a1h Heart Attack
- 3a1i Congestive Heart Failure
- 3a1j Cardiovascular Conditions: Congestive Heart Failure 1994
- 3a1k Angina and Heart Disease
- 3a1l Heart to Heart: The Truth About Heart Disease 1994
- 3a12 Signs and Symptoms of a Heart Attack
- 3a13 Heart Power (Video and other resources box) (2 cys)
- 2 CARDIAC REHAB
  - 3a2a.1 Cardiac Comeback #1 Beginning Exercises (2 cys) 1990
  - 3a2a.2 Cardiac Comeback #2 Intermediate Exercises (2 cys) 1990
  - 3a2a.3 Cardiac Comeback #3 Advanced Exercises (2 cys) 1990
  - 3a2b.1 After the Heart Attack: The First 3 Months
  - 3a2b.2 After the Heart Attack: The Longer Term
  - 3a2c Cardiac Rehabilitation
  - 3a2d Recovering From a Heart Attack
  - 3a2e Controlling the Cardiac Blues 1990
  - 3a2f.1 Portrait of the Heartmate - Understanding Cardiac Care 1989
  - 3a2f.2 Portrait of the Heartmate - For the Health Care Professional 1989
  - 3a2f.3 Portrait of the Heartmate - After a Heart Attack 1989
  - 3a2f.4 Portrait of the Heartmate - Family Concerns 1989
  - 3a2f.5 Portrait of the Heartmate - The Challenge of Recovery 1989
  - 3a2f.6 Portrait of the Heartmate - Renewing the Relationship 1989
  - 3a2g.1 Recovering from a Heart Attack 1996
  - 3a2g.2 Heart - Healthy Eating 1996
- 3 HIGH BLOOD PRESSURE
  - 3a3a.1 High Blood Pressure (4 cys) 1993
  - 3a3a.2 High Blood Pressure 1993
  - 3a3a.3 High Blood Pressure 1993
  - 3a3a.4 High Blood Pressure 1987
  - 3a3a.5 High Blood Pressure 1987
  - 3a3a.6 How to Monitor Your Blood Pressure 1996
  - 3a3a.7 Say Goodbye to High Blood Pressure 1990
  - 3a3b Say Goodbye to High Blood Pressure 1990
  - 3a3c Blood Pressure: Interesting Stuff to Know
  - 3a3d.1 Heart Decisions for Life – Lifestyles 1992
  - 3a3d.2 Heart Decisions for Life - Lifestyles
  - 3a3e.1 Heart Decisions for Life - Diet and Eating Styles
  - 3a3e.2 Heart Decisions for Life - Diet and Eating Styles
  - 3a3f.1 Heart Decisions for Life - Exercise

- 3a3f.2 Heart Decisions for Life - Exercise
- 3a3g.1 Heart Decisions for Life - Compliance
- 3a3g.2 Heart Decisions for Life - Compliance

#### 4 MISCELLANEOUS

- 3a4a Peripheral Vascular Disease
- 3a4b Abdominal Aneurysm
- 3a4c Mitral Valve Prolapse
- 3a4d Cardiac Investigations
- 3a4e Cardiovascular Wellness: Are You At Risk for a Heart Attack? 1994
- 3a4f Understanding Anticoagulant Medications (Coumadin)
- 3a4g Cough, Diabetes, Tremor (2 cy)

### 3B DIABETES

#### 1 DIABETES GENERAL INFORMATION

- 3b1a.1 Living With Diabetes: A Winning Formula
- 3b1c Controlling Your Diabetes: How to Inject Your Insulin
- 3b1d At Home With Diabetes: Getting Well Again...At Home 1990
- 3b1e Insulin Dependent Diabetes
- 3b1f Diabetes Foot And Skin Care 1994
- 3b1g.1 It's Time To Learn About Diabetes {How to help your child} (3 cys) 1993
- 3b1h Management of Insulin Dependent Diabetes
- 3b1i Diabetes: A Positive Approach 1989
- 3b1j Feeling Better About Diabetes: An Introduction to Diabetes
- 3b1k Stages of Care - Conquering Fears about Starting Insulin
- 3b1l Shopping for Good Diabetes Nutrition
- 3b1m Caring for Your Feet
- 3b1n Preparing and Giving Insulin Injection
- 3b1o Disetronic: Getting Started With Your H-Tron plus Pump
- 3b1p Type II Diabetes: I'm Living a Balanced Life
- 3b1q Living With Your Diabetes 1990
- 3b1r Diabetes - A Positive Approach (3 cys) 1989
- 3b1s Understanding Diabetes and Living Health 1988
- 3b1t You're in Control - Managing your Diabetes
- 3b1u How To Give Yourself A Subcutaneous Injection (2 cys) 1994
- 3b1v Gestational Diabetes (2 cys)
- 3b1w Understanding Diabetes and a Healthy Life (2 cys)
- 3b1x Introduction to the Exchange System for Persons with Diabetes
- 3b1y Living Well With Your Diabetes
- 3b1z Glucometer Elite (2 cys)
- 3b1aa Footcare
- 3b1bb In Control – In Good Health
- 3b1cc People With Diabetes Can Enjoy Healthier Lives
- 3b1dd Preparing and Giving an Insulin Injection
- 3b1ee Managing Your Diabetes
- 3b1ff Know Your Number (Managing Your Diabetes) (2 cys)
- 3b1gg Learning To Use Betaseron

- 3b1hh Step by Step Self-Injection with Roferon-A
- 3b1ii Controlling Hypertension: A Team Approach
- 3b1jj The Diabetes Home Video Guide (Skills for Self-Care) (21 cys) 2000
- 3b2 ALTSCHUL SERIES
  - 3b2b Gestational Diabetes: Common Sense Guide for Expectant Moms
  - 3b2c Controlling My Diabetes: From Head to Toe
  - 3b2d Controlling My Diabetes: Step by Step Guide for Glucose Monitoring/ Insulin Injection
  - 3b2e Who's In Charge? Teens Talk About Diabetes
  - 3b2f Winning Isn't Everything, Wanting to Is!: Controlling Your Diabetes
  - 3b2g Living with Diabetes: Care of Feet and Legs
- 3 MEDCOM SERIES
  - 3b3a Psychological Reactions to Diabetes
  - 3b3b Hypoglycemia
  - 3b3c Diet
  - 3b3d Complications of Diabetes
  - 3b3e Blood and Urine Monitoring
  - 3b3f Insulin
  - 3b3g Management of Type II Diabetes
  - 3b3h Type II Diabetes
  - 3b3i Diabetes and Exercise
  - 3b3j The Physician Within: Moving Forward Through Challenge
- 3 LILY SERIES
  - 3b3k Feeling Better About Diabetes
  - 3b3l Stages of Care
  - 3b3m Shopping for Good Diabetes Nutrition
  - 3b3n Caring for Your Feet
  - 3b3o Preparing and Giving an Insulin Injection
- 3C NEUROLOGICAL DISORDERS
  - 1 EPILEPSY
    - 3c1a.1 Living With Epilepsy (2 cys)
    - 3c1b Epilepsy: Treatment
      - 3c1b.2 Epilepsy: Definition
    - 3c1c.1 Epilepsy in the Teen Years (2 cys) 1990
    - 3c1d Seizures 1987
      - 3c1d.1 Understanding Partial Complex Seizures 1990
      - 3c1d.2 Understanding Partial Complex Seizures 1990
    - 3c1e.1 And Life Goes On: Severe Seizures of Early Childhood (2 cys)
    - 3c1f Epilepsy and the Family 1989
    - 3c1g I Have Epilepsy Too 1989
    - 3c1h How Medicines Work 1989
    - 3c1i Understanding Seizure Disorders 1989
    - 3c1j New Horizons in the Control of Seizure Disorders 1988
  - 2 ALZHEIMER'S
    - 3c2a.1 Alzheimer's Disease (2 cys)
    - 3c2b Managing with Alzheimer's Disease

3c2c Alzheimer's Disease...A Wilderness Explored

### 3 HEADACHE

3c3a No More Headaches 1992

3c3b Relief from Migraine 1993

### 4 PARKINSON'S

3c4a Parkinson's Disease 1987

### 5 MULTIPLE SCLEROSIS

3c5a Multiple Sclerosis 1990

3c5b Multiple Sclerosis

### 6 SPINAL CORD AND HEAD INJURY

3c6a Paraplegia and Quadriplegia

3c6b Neurological Investigations

3c6c Head Injury

### 7 STROKE

3c7a Learning About Stroke: Causes and Risk Factors

3c7b Stroke: Definition

3c7c Stroke: Treatment

3c7d Alive and Well - Risk Reduction 1995

### 8 CEREBRAL ANEURYSM

3c8a Aneurysm

### 9 MENINGITIS

3c9a Meningitis: The Urgent Diagnosis

## 3D CANCERS

3d1 At Home With Cancer: Getting Well Again...At Home 1990

3d2 Skin Cancer

3d3 Lung Cancer

3d4 Breast Cancer

3d4a The Breast Cancer Companion: Diagnosis and Decision Making

3d4a Treatment for Early Breast Cancer 1992

3d4c Non-Surgical Breast Biopsy 1993

3d4e The Breast Companion: Male Perspective

3d5 Ovarian Cancer

3d6 Prostate Cancer

3d7 Testicular Cancer

3d8 Hodgkin's Disease

3d9 Acute Leukemia

3d10.1 Patient to Patient: Cancer Clinical Trials and You (2 cys)

3d11 Preventing Cancer 1995

3d12 Learning About Cancer: The Time of Diagnosis

3d13 Breast Cancer -What Every Woman Should Know

3d16 A Significant Journey (re: Breast Cancer Survivors)

3d17 Life After Breast Cancer: A New Way of Living

3d19 A Significant Journey

3d20 What Every Man Should Know About Cancer- A Wellness Approach



### 3E RESPIRATORY DISORDERS

- 3e1 Coping With Allergies 1990
- 3e2 Chronic Obstructive Pulmonary Disease
- 3e3 Emphysema
- 3e4 Asthma
  - 3e4a Asthma Control – It's In Your Hands (2 cys)
  - 3e4b Asthma Crisis vs Control 1994
  - 3e4c Taking Charge of Asthma 1997
  - 3e4d I'm a Meter Reader (Kids)
- 3e5 A Patient's Guide to Peak Flow Monitoring
- 3e6 Essence of Life 1993
  - 3e6.1 Essence of Life 1993
- 3e7 Allergy
- 3e8 Colds and Flu
- 3e9 Respiratory Diseases
- 3e10 Living with Emphysema: Treatment
- 3e11 Asthma (Pediatric)
- 3e12 Living with Asthma
- 3e13 How to Use Your Metered Dose Inhaler
- 3e14 Managing Your Asthma
- 3e15 Environmental Control (Avoiding Allergen Exposure....)
- 3e16 Cystic Fibrosis: On The Threshold of Hope
- 3e17 Play to Win with Jerome Bettis (Asthma)
- 3e18 To Lead a Better Life (Asthma)
- 3e19 Childhood Asthma Awareness (English/Spanish) (2 cys) 1998
- 3e20 Adult Asthma – A Self-Help Mgt Program (2 cys) 1999
- 3e21 Childhood Asthma – A Self-Management Program 2000

### 3F MUSCULAR/SKELETAL DISORDERS

#### 1 ARTHRITIS

- 3f1a Osteoarthritis
  - 3f1b.1 Osteoarthritis {A Video Housecall} (2 cys) 1991
- 3f1c Rheumatoid Arthritis
- 3f1d Juvenile Arthritis
- 3f1e Kids With Arthritis
  - 3f1f.1 Just Move and Keep on Moving (2 cys)
  - 3f1f.2 Living with Arthritis
  - 3f1g.1 The Arthritic Hip - Ortopedic
  - 3f1g.2 The Arthritic Hip - Rheumatology

#### 2 SOFT TISSUE

- 3f2a Knee Ligament Injuries
- 3f2b Torn Cartilage
- 3f2c Fibrositis and You 1988

#### 3 SKELETAL

- 3f3a Hip Replacement
- 3f3b Broken Forearm
- 3f3c Understanding Arthroscopy
- 4 MISCELLANEOUS
  - 3f4a Lower Back Pain
  - 3f4b Whiplash
  - 3f4c Legg-Perthe's Disease
  - 3f4d Continuous Passive Motion
  - 3f4e Elbow, Wrist, and Hand Injuries
  - 3f4g Shoulder Injuries
  - 3f4h Foot and Ankle Injuries
  - 3f4i Knee Injuries
- 3G GASTROINTESTINAL DISORDERS
  - 3g2 Peptic Ulcers
  - 3g3 Crohn's Disease
  - 3g4 Irritable Bowel Syndrome
  - 3g5 Gastroesophageal Reflux
  - 3g6 Gastroesophageal Reflux Disease
  - 3g7 Workshops with the Experts: Diagnostic and Therapeutic Colonoscopy
  - 3g8 Moving in the Right Direction – Heartburn 1995
  - 3g9 Preparing for a Lower GI Endoscopy...A Patient's Perspective
  - 3g10 The How-To Guide, Coping With Heartburn (2 cys)
  - 3g11 Upper GI Endoscopy From The Patient's Perspective
- 3H SKIN HEALTH
  - 3h1 Psoriasis
- 3I EYE, EAR , NOSE AND THROAT
  - 3i1 Macular Degeneration 1989
  - 3i2.1 Glaucoma (2 cys) 1988
  - 3i3 Understanding Glaucoma
  - 3i4 Snoring and Obstructive Sleep Apnea
  - 3i5 Otitis Media
- 3J INFECTIOUS ILLNESSES
  - 3j1 The Hidden Danger: Hepatitis B
  - 3j2.1 Hepatitis B: The Vaccination Decision (2 cys)
  - 3j3 Be In Charge ...Living with...Hepatitis B & C 1998
- 3K ENDOCRINE DISORDERS
  - 3k1 Hypothyroidism (2 cys)
  - 3k3 Hormone Replacement Therapy
- 3L RENAL & UROLOGICAL DISORDERS
  - 3l1 Kidney Disease 1990
  - 3l2 Treating the Enlarged Prostate

### 3M MISCELLANEOUS

- 3m1 Anemia
- 3m2 Lyme Disease in Our Backyard
- 3m3 Head Lice: Dealing, Destroying, and Preventing 1994

## **4 MENTAL HEALTH**

### **4A CHILDHOOD DISORDERS**

#### **1 EATING DISORDERS**

- 4a1a Anorexia Nervosa
- 4a1b Bulimia
- 4a1c Eating Disorders

#### **2 DOWN'S SYNDROME**

No videos available on this subject

#### **3 MENTAL RETARDATION**

- 4a3a Having a Mentally Handicapped Baby: A Crack in the Crystal 1993

#### **4 AUTISM**

- 4a4a Autism 1991

#### **5 ATTENTION DEFICIT DISORDER**

- 4a5a.1 The Hyperactive Child (2 cys)
- 4a5b.1 Why Won't My Child Pay Attention (2 cys) 1989
- 4a5c.1 ADHD: What Do We Know? (3 cys) 1992
- 4a5d ADHD in Adults
- 4a5e ADHD in the Classroom 1994
- 4a5f.1 ADHD: What Can We Do? (2 cys) 1993
- 4a5j.1 Adults with Attention Deficit (2 cys) 1994
- 4a5k All About Attention Deficit Disorder Vol I, Vol II 1990

### **4B STRESS MANAGEMENT**

- 4b1.1 Stress Management (2 cys) 1987
- 4b2.1 Job Stress (2 cys) 1992
- 4b3 Stress Traps 1992
- 4b4 Stress Overload 1992
- 4b5 Planning Rest and Relaxation 1998
- 4b6 Facing the Fears
- 4b7 Coming to Terms
- 4b8 Interpersonal Conflict 1992
- 4b9 Survival Skills 1992
- 4b10 Stress
- 4b12 Stress Break
- 4b13 Time To Heal: An Experience of Relaxation and Peace 1985
- 4b14 Lifestyle 1995
- 4b15 Burn Out
- 4b16 Laugh Your Way to Health

### **4C DEPRESSION**

- 4c1 Depression: The Road to Recovery (2 cys) 1992

4c2 Depression: Medication Uses & Side-effects

4c3 Adolescent Depression

4c4 Taking Control of Depression 1996

4c5 Depression

4c6 Understanding Depression (2 cys) 1996

#### 4D PERSONALITY DISORDERS

4d1 Understanding Obsessive Compulsive Disorder 1996

#### 4E SCHIZOPHRENIC DISORDERS

4e1 Schizophrenia: Use & Side-effects of Medication

4e2 Schizophrenia: Family Understanding

#### 4F ANXIETY DISORDERS

4f1 Anxiety/Panic Disorders

4f2 Anxiety/Panic: Use and Side Effects of Medications

4f3 Coping with Anxiety Part A & B

4f4 Coping with Anxiety Part C

4f5 Understanding Panic Disorder

#### 4G DEATH AND DYING

4g1 Some Babies Die

4g2 Living Wills 1993

4g3 Dying Wish 1991

4g4 Dying to Be Heard...Is Anybody Listening? 1991

4g5 Children Die, Too 1990

4g6 The Forgotten Mourner 1988

4g7 Choices

#### 4H ADDICTION

4h1 Addictive Patterns 1992

#### 4I MISCELLANEOUS

4i1 Child Abuse

4i2 Children and Domestic Violence 1994

4i3 Women and Domestic Violence 1994

4i4 Men and Domestic Violence 1994

4i5 Understanding Mental Health Care 1993

4i6 Welcome to Rhythms: An Educational Video of Shared Experiences 1995

### 5 NUTRITION AND WEIGHT MANAGEMENT

#### 5A HEALTHY COOKING

5a1 Fast Foods for Busy Times

5a2 Pro Heart Kitchen for Kids; A Parent's Guide

5a3 Achieving Healthy Eating

5a4 Eating and Feeding (Special Meals, IV Care)

#### 5B GENERAL NUTRITION

5b1 How To Read A Food Label

5b2 Nutrition for the Over 50 Gang 1991

5b3 Supermarket Savvy 1987

5b4.1 How to Read the New Food Label (3 cys)

- 5b5.1 The Food Guide Pyramid (2 cys)
- 5b6 Smart Supermarket Shopping with the New Food Label
- 5C CHOLESTEROL CONTROL
  - 5c1 8-Week Cholesterol Cure
  - 5c2 The No-Nonsense Cholesterol Guide
  - 5c3 Controlling Cholesterol: Through Diet & Nutrition 1989
  - 5c4.1 Lower Your Cholesterol, Now! (2 cys)
  - 5c5 Cholesterol Control
  - 5c6 Save Your Heart 1991
  - 5c7.1 HDL: Compliance
  - 5c7.2 HDL: Exercise
  - 5c7.3 HDL: Lifestyle
  - 5c7.4 HDL: Diet and Eating Habits
  - 5c8.1 Taking Care of Your Heart is Really Up to You (3 cys)
  - 5c9 From the Heart
  - 5c10 The Lowdown On Cholesterol 1990
  - 5c11.1 From the Heart (2 cys) 1990
  - 5c12 Cholesterol: The Inside Story (3 cys) 1993
  - 5c13 Get a Taste For the Healthy Life
  - 5c14 The Patient's Guide to Questran 1988
  - 5c15.1 Take Control - Living With High Cholesterol
  - 5c15.2 Take Control - Living With High Cholesterol
  - 5c16 Cholesterol: The Killer Within
- 5D WEIGHT MANAGEMENT
  - 5d1 Weight Management 1987
  - 5d2 Break Your Behavior Chains
  - 5d3 Eating Healthy for Life
  - 5d4 Eating Healthy When Dining Out
  - 5d5 Eating Healthy for Weight Control
  - 5d6 Eating Healthy for Heart Health
  - 5d7.1 Eating Healthy For Kids (2 cys)
  - 5d8 Nutrition: Eat and Be Healthy
  - 5d9.1 Freedom From Fat: "Hidden Fat" (2 cys)
  - 5d13 Guide to Controlling Your Cholesterol
  - 5d14 Guide to High Blood Pressure Control

## **6 PHYSICAL FITNESS**

### **6A GENERAL FITNESS**

- 6a1 Fitness 1987
- 6a2 Sports and Fitness Training Video 1989
- 6a3 Stretching 1987
- 6a4 Starting an Exercise Program (2 cys)

### **6B AEROBIC EXERCISE**

- 6b2 Lighten Up: The Ultimate in LIGHT Aerobics
- 6b4 The In-Training Video

- 6b5 Marty Liquori's Runner's Workout
- 6b6 Balanced Fitness Workout 1986
- 6b7 Aerobics for Child Bearing Years
- 6b8 Chair Dancing, A New Concept in Aerobic Fitness
- 6C PHYSICAL THERAPY/REHAB
  - 6c1 Exercise Rehab
- 6D FITNESS FOR SPECIAL POPULATION
  - 6d1 Exercise for All Types of Disabilities 1992
  - 6d2.1 Strength and Flex (2 cys) 1992
  - 6d3 Strength and Flex for all Types of Disabilities 1992
- 6E CONDITIONING FOR SPORTS
  - 6e2 Keys to Weight Training: Your Total Guide to Strength and Conditioning 1991
  - 6e3 Health Walking 1988
  - 6e4 Weight Training Video 1993
- 7 SEXUALITY**
  - 7A SEXUALITY ISSUES
    - 7a1 Teaching Family Life Education: Five Teachers Show You How
    - 7a2 S-E-X
    - 7a3 Restore the Feeling: Help for Men With Erectile Dysfunction 1997
    - 7a4 Viagra - Start Something All Over Again (2 cys)
  - 7B HIV & AIDS
    - 7b1 Drugs and AIDS: Got the Message
    - 7b3 AIDS: The New Facts of Life 1990
    - 7b4 An Epidemic of Fear: AIDS in the Workplace
    - 7b5 The Next Step: HIV in the 90's 1989
    - 7b6 HIV and the Health Care Worker 1992
    - 7b7 Now That You Know: Coping With The News
    - 7b8 Now That You Know: Understanding HIV
    - 7b9 Now That you Know: Lifestyle Choices and Changes
    - 7b10 Understanding Treatment
    - 7b11 AIDS: Fears and Facts
    - 7b12 HIV/AIDS Clinical Traits: Knowing Your Options
  - 7C OTHER STD's
    - 7c1 Sexually Transmitted Diseases: The Keys to Prevention
    - 7c2 Sexually Transmitted Diseases
    - 7c3 Chlamydia
    - 7c4 Human Papilloma Virus
    - 7c5 Human Papilloma Virus
    - 7c6 Herpes!
  - 7D SEXUALITY AND TEENS
    - 7d1 Young People and AIDS
    - 7d2 Teens Having Babies
    - 7d3 Teen Pregnancy 1994
    - 7d4 Teen Sexuality 1994
  - 7E CONTRACEPTIVES

- 7e1.1 Birth Control: Your Responsibility, Your Choice 4th Edition 1990
- 7e2 Contraception: Know Your Options 1993
- 7e3 Contraceptive Choices
- 7e4.1 Condoms If You Care (2 cys)
- 7e5 Considering Condoms 1992
- 7e6 How To Use A Condom 1989
- 7e7.1 The Pill (2 cys)

## **8 SURGERY AND TREATMENT**

### **8A CARDIOVASCULAR**

- 8a1 A Patients Guide To Open Heart Surgery
- 8a2 Angioplasty 1994
- 8a3 Coronary Bypass Surgery
- 8a4 Open Heart Surgery
- 8a5 Open Heart Surgery: Home Recovery
- 8a6 Learning About Attacks: Drugs and Surgery
- 8a7 Coronary Bypass Surgery: Recovering at Home 1995

### **8B ENDOCRINE**

- 8b1 Surgery of the Prostate Revised
- 8b2 Treating the Enlarged Prostate

### **8C NEUROLOGICAL DISORDERS**

No videos available on this subject

### **8D CANCERS**

- 8d1 Brain Tumor Surgery
- 8d2 Chemotherapy
- 8d3 Radiation Therapy
- 8d4 Coping with Procedures: Cancer Treatment Children
- 8d5 Skin Cancer: Surgery for Malignant Melanoma
- 8d6 Radiation and Chemotherapy Treatment
- 8d7 Understanding Breast Cancer: Lumpectomy
- 8d8 A Practical Algorithm for Prostate Cancer Detection
- 8d9 Coping With Work Place Issues-A Guide for Cancer Patients & Their Families 1993
- 8d10 What Every Man Should Know About Cancer

### **8E RESPIRATORY DISORDERS**

- 8e1 Bronchoscopy

### **8F MUSCULAR/SKELETAL DISORDERS**

- 8f1 Back Surgery
- 8f2 Adjusting to a Prosthesis
- 8f3 Arthroscopy of the Knee
- 8f4 Total Knee Replacement
- 8f5 Carpal Tunnel Syndrome In the Industrial Worker
- 8f6 Total Hip Replacement: Recovering 1995

## 8G GASTROINTESTINAL

8g1 Upper GI Endoscopy From the Patient's Perspective 1988

8g2 Flexible Sigmoidoscopy

8g3 New Start – Gastric Bypass Surgery 2000

## 8H COSMETIC

8h1 Rhinoplasty

8h2 Eyelid Surgery

## 8I EYE, EAR , NOSE AND THROAT

8i1 Small Incision Cataract Surgery: Phacoemulsification

8i2 Cataract Surgery

8i3 Tonsillectomy & Adenoidectomy

8i4 Living with Tinnitus 1992

8i5 Sinusitis and Sinus Surgery 1990

8i6 Otitis Media 1990

8i7 Vertigo 1992

## 8J RENAL AND UROLOGICAL DISORDERS

8j1 Your Cystoscopy 1993

8j2 Kidney Diagnostic Tests: Urodynamics Study and Cystoscopy

8j3 Surgery Treatment of Kidney Stones

8j4 Urogynecology

## 8K MISCELLANEOUS

8k1 Vasectomy

8k1.1 Vasectomy (revised)

8k2 After Your Vastectomy

8k3.1 The Video Guide to Hemodialysis (2 cys) 1994

8k4 Same Day Surgery

8k5 Understanding Your Anesthesia

8k6 Diagnostic D&C

8k7 LEEP of the Cervix

8k7a A New Beginning: Preparing for Hysterectomy or Related Surgery 1994

8k8.1 Colposcopy: Abnormal Pap Smear (2 cys)

8k9 Your Surgical Experience

8k10 Preparing for an Lower GI Endoscopy

8k11 Preparing for an Upper GI Endoscopy

8k12 Intensive Care Unit

8k13 Wound Healing: Helping Healing

8k14 Tubal Ligation

8k15 Hysterectomy

8k16 Vaginal Hysterectomy and Repair

8k17 Laparoscopically Assisted Vaginal Hysterectomy

8k18 Diagnostic Laparoscopy

8k19 Diagnostic Hysteroscopy

8k20 Operative Laparoscopy

8k21 Operative Hysterecomy

8k22 Cryosurgery of the Cervix



8k23 Laser Surgery of the Cervix  
8k24 Cone Biopsy  
8k25 Sterilization by Laparoscopy

## **9 TOBACCO**

### **9A SMOKING**

9a1 Smoking 1987  
9a2 Smoking: Kicking the Habit  
9a3 Smoking: I'm In Control? 1993  
9a4 Smoking in Pregnancy  
9a5 Smoking, Drinking, and Drugs During Pregnancy  
9a6 Butt Out! 1992  
9a7 Ad-Libbing It  
9a8 How to Avoid Weight Gain When You Stop Smoking  
9a9 How to Beat Cigarettes  
9a10 Nicoderm 1992  
9a11 Guide to Stop Smoking 1994  
9a13 Why Quit Quiz  
9a14 Growing Up Without Tobacco  
9a15 Smoking and the Human Physiology

## **10 HEALTH PROMOTION**

### **10A WELLNESS**

10a1 Wellness 1990  
10a2 Taking Personal Action Home 1987  
10a3 Personal Environment 1985  
10a4 The Working Mom's Survival Guide 1990  
10a5 Coming of Age 1989  
10a6 Achieving Well Being 1994  
10a7 For a Change: Breaking Old Habits and Making New Ones  
10a8 Health and Lifestyle: Positive Approach to Well-Being (Vol 2)  
10a9 Weighing the Choices: Positive Approach to Nutrition (Vol 3)  
10a11 Army Healthwatch - Patient Wellness Programming Edition 98-01  
10a12 Army Healthwatch - Patient Wellness Programming Edition 99-01  
10a13 Patient Waiting Room Programming (Health Tips)  
10a14 Army Healthwatch – Patient Wellness Programming Edition 99-02  
10a15 Guide to Healthy Living for African Americans (3 cys) 1998  
10a16 Army Healthwatch – Patient Waiting Room Programming Edition 99-03  
10a17 Medic Alert Informational Video (1998)  
10a18 Army Healthwatch – Patient Wellness Programming Edition 0-01  
10a19 Army Healthwatch – Patient Wellness Programming Edition 01-01-2001

### **10B SELF-CARE**

10b1 Protecting Your Skin 1987  
10b2 Improving Dental Care 1989  
10b3 Wise Use of the Emergency Room 1993

- 10b4 You're in Charge: Caring for Your Groshong Catheter
- 10b5 Men and Self-Care 1993
- 10b5a Partners with Your Doctor Man: A Man's Guide to Testicular Care 1993
- 10b6 The Physician Within: Moving Foreword Through Challenge (2 cys) 1992
- 10b7 Women and Self-Care 1993
- 10b8 Ostomy Care at Home
- 10b9 Pressure Sores (Home Care) 1995
- 10b10 Medications 1995
- 10b11 Bathing and Personal Hygiene
- 10b12 Oxygen Therapy - At Home
- 10b13 Elimination
- 10b14 Testicular Self-Exam 1988
- 10b15 The Washing Feel Good Movie

#### 10C HEALTH EDUCATION

- 10c1 Infection Control
- 10c2a Epidemiology & Prevention of Vaccine-Preventable Diseases, Session I (2 cys)
- 10c2b Epidemiology & Prevention of Vaccine-Preventable Diseases, Session II (2 cys)
- 10c2c Epidemiology & Prevention of Vaccine-Preventable Diseases, Session III (2cys)
- 10c2d Epidemiology & Prevention of Vaccine-Preventable Diseases, Session IV (2 cys)

#### 10D SAFETY

- 10d1 Preventing Falls 1995

### 11 WOMEN'S HEALTH

#### 11A BREAST HEALTH

- 11a1 Breast Cancer: Replacing Fear With Facts 1993
- 11a2 Breast Self Examination 1992
- 11a3 A Woman's Guide To Breast Care: Partners With Your Doctor I & II
- 11a4 Breast Self Exam and Breast Health (2 cys)

#### 11B PMS

- 11b1 Premenstrual Syndrome (2 cys)

#### 11C MENSTRUATION AND MENOPAUSE

##### 1 MENSTRUATION

- 11c1a Menstruation: Understanding Your Body 1993

##### 2 MENOPAUSE

- 11c2a Menopause: Guidelines to a Healthy Life 1993
- 11c2b Menopause
- 11c2c Menopause

#### 11D INFERTILITY

- 11d1 Infertility: The New Solutions 1993
- 11d2 Female Infertility

## 11E ILLNESS AND DISORDERS

- 11e1 Lower Urinary Tract Infections in Women
- 11e2 Vaginitis and Abnormal Gynecological Discharges (2 cys)
- 11e3 Urinary Incontinence in Women
- 11e4 Fibroids
- 11e5 Sexual Dysfunction
- 11e6 Abnormal Cervical Cytology

## 11F MISCELLANEOUS

- 11f1 Hysterectomy: The Surgery Women Fear 1993
- 11f1a A New Beginning Preparing for Hysterectomy 1994
- 11f2 Uterine Fibroids: What You Should Know
- 11f4 Intrapartum Care
- 11f5 Endometriosis
- 11f8 Vaginal Infections
- 11f9 The Gynecological Examination (2 cys)
- 11f10.1 Understanding Hysterectomy and Estrogen Replacement Therapy (2 cys)
- 11f11.1 Premarin (Conjugated Estrogen) (3 cys) 1993
- 11f12 Endometriosis
- 11f13 Stress Management for Women Vol 1
- 11f14 Stress Management for women Vol 2
- 11f15 Stress Management for Women Vol 3
- 11f16 Endometrial Ablation
- 11f17 Women to Women Seminar Series Vol 1 (Varied Subjects) 1998
- 11f18 Women to Women Seminar Series Vol 2 (Varied Subjects) 1998

## 12 PREGNANCY AND BIRTH

### 12A PREGNANCY

- 12a1 Normal Conception
- 12a2 Serum AFP Screening
- 12a3 Pregnancy
- 12a5 Pregnancy: Nine Special Months 1993
- 12a6 Pregnancy after 35 1993
- 12a7 The Miracle of Life 1986 (2 cys)
- 12a8 Lamaze: You and Your Baby (4 cys) 1998
- 12a9 Prenatal Activities
- 12a10 Prenatal Genetic Diagnosis
- 12a11.1 Prenatal Nutrition (2 cys)
- 12a12 Prenatal Care
- 12a13 The First Nine Months: A Guide to Prenatal Care
- 12a14 Taking Care of Mom 1992
- 12a15 Sex, Love, & Babies 1992
- 12a16 Knowing the Unborn
- 12a17 Pregnancy - 1st Trimester 1994
- 12a18 Pregnancy - 2nd Trimester 1994

- 12a19 Pregnancy - 3rd Trimester 1994
- 12a20 Pregnancy - 38 Weeks - Labor
- 12a21 Prenatal Topics 1991
- 12a22 It's Up to Me (Preventing Birth Defects)
- 12a23 Prenatal Fitness (3 cys) 1996
- 12a24 Gestational Diabetes – You're In Control

## **12B BIRTH**

- 12b1 Cesarean Section
- 12b2 Birth of Your Baby
- 12b3 Anesthesia and Analgesia in Childbirth
- 12b4 Epidural Anesthesia in Childbirth
- 12b5 Focus On Labor & Delivery 1991
- 12b6 Having Your Baby 1993
- 12b7 Childbirth Preparation Program 1985
- 12b8 Giving Birth to Your Baby
- 12b9 Vaginal Birth After Cesarean Section
- 12b10 Birth- Birth Using Anesthesia 1994
- 12b11 Birth- Prepared Childbirth and C-Section 1994
- 12b13 Hello Baby! Birth Film in 3 Parts 1989
- 12b14 Caring for Your Episiotomy
- 12b15 Comfort Measures For Childbirth

## **12C BREASTFEEDING**

- 12c1.1 For the Breastfeeding Mothers (3 cys) 1991, 1992
- 12c2.1 Breastfeeding Your Baby (2 cys) 1991
- 12c3.1 For the Formula Feeding Mother (2 cys)
- 12c4 Feeding Your Baby (2 cys) 1993

## **12 D POSTPARTUM**

- 12d2 Weight Loss, Diet, and Exercise
- 12d3 Emotional Adjustments: The Postpartum Period

## **13 PEDIATRIC & PARENTING**

### **13A POST-NATAL CARE**

- 13a1 New Baby Care
- 13a2 New Baby Care
- 13a3 After Pregnancy: A New Start 1993
- 13a4 Taking a New Baby Home
- 13a5 A Healthy Start...For You and Your Baby 1993
- 13a6 Your Baby's First Six Months
- 13a7 Baby Talk 1992
- 13a8 Helping Your Baby Sleep Through the Night 1986
- 13a9.1 Touchpoints: Pregnancy, Birth & the First Week of Life 1991
- 13a9.2 Touchpoints: The First Month Through the First Year 1991
- 13a9.3 Touchpoints: One Year Through Toddlerhood 1991
- 13a.10 Newborn Care: A Parent's Survival Guide 1994
- 13a11 Your Healthy Baby 1990

- 13a12 The Newborn Baby 1994
- 13a13 Childhood - The Two Month Old
- 13a14 Childhood - The Four Month Old
- 13a15 Childhood - The Six Month Old
- 13a16 Childhood - The 9 to 15 Month Old
- 13a17 Childhood - The 15 to 18 Month Old
- 13a18 Back to Sleep: SIDS A Video on helping to Reduce the Risk (Engl. & Span.)
- 13a19 I Am Your Child: The First Years Last Forever
- 13a19.2 I Am Your Child: The First Years Last Forever
- 13a20 Newborn Topics 1992
- 13a21 Handling, Diapering & Dressing
- 13a22 Calming the Baby
- 13a23 When Your Baby is Sick
- 13a24 Play Time
- 13a25 Bath Time
- 13a26 Postpartum Care
- 13a27 Sibling Preparation
- 13a28 Feeding Your Baby
- 13a29 Safe & Sound
- 13B ILLNESSES
  - 13b1 When Your Baby Is Sick
  - 13b2 Ear and Upper Respiratory Infections
  - 13b3.1 Common Rashes (2 cys)
  - 13b4.1 Fever (2 cys)
  - 13b5.1 Common Stomach and Intestinal Infections (2 cys)
  - 13b6 When to Consult Your M.D.
  - 13b7 Managing Childhood Asthma
  - 13b8 Managing Earaches in Children
  - 13b9 Respiratory Problems
  - 13b10 Trouble in the Digestive Tract
  - 3b11 Nocturnal Enuresis - Update
  - 3b12 Illness, Immunization, and Safety
  - 13b13 Roxy to the Rescue (Childhood Asthma)
  - 13b14 How Max The Zebra Earned His Stripes (about ear infections) 2 cys
- 13C BEHAVIOR
  - 13c1 1-2-3 Magic (3 cys) 1990
  - 13c2 Early Childhood Behavior
  - 13c3 Infant Behavior
  - 13c4 I'm a Little Jealous of That Baby
  - 13c5 Hey, What about Me?
  - 13c6 Born to Learn (Parents as Teachers)
  - 13c6.1 Prenatal Topics (Sibling Rivalry...3 topics)
  - 13c7 Belly Buttons are Navels
  - 13c8 Prenatal Topics (3 programs)
- 13D MISCELLANEOUS

- 13d1 Immunizations
- 13d2 The Hospital Adventures of Jimmy, Judy, and AC 1993
- 13d3 Sexuality and Children
- 13d4 Pediatric Gynecology
- 13d5 New Fathers, New Lives 1992
- 13d7 The Before Tour: An Operation Preparation Video 1992
- 13d8 Kid Safe 1988
- 13d9 Pediatric Sports Medicine
- 13d10 Teen Parenting: Baby Owner's Manual
- 13d11 Safe Not Sorry-Basic Life Support
- 13d12 Teen Parenting
- 13d13 Understanding Learning Disabilities
- 13d14 Childcare Safety
- 13d15 Childproof
- 13d16 Sudden Infant Death Syndrome
- 13d17 Teen Moms Talking
- 13d18 Bicycle Safety (The Beginning Years)
- 13d19 Child Obesity

## **14 HEALTHCARE**

### **14A GENERAL**

- 14a Healthy Teeth

## **15 GERIATRICS**

### **15A GENERAL**

- 15a1 Retirement
- 15a2 Adaptation to Aging
- 15a3 Growing Younger 1994

### **15B CARE**

- 15b1 Caring for the Frail Elderly at Home
- 15b2 Caring for the Elderly in a Retirement Home

### **15C ILLNESSES**

- 15c1 Osteoporosis

### **15D GERIATRICS**

- 15d1 Hearing Problems of the Elderly
- 15d2 Drugs and the Elderly
- 15d3 Visual Problems of the Elderly
- 15d4 Depression in the Elderly
- 15d5 Nutrition and the Elderly

## **16 TEENAGERS/MISCELLANEOUS (Dates 1992)**

- 16a1 Cooperation
- 16a2 Being Responsible
- 16a3 Dealing with Feelings
- 16a4 Saying No

16a5 Doing the Right Thing  
16a6 Dealing with Disappointment  
16a7 Appreciating Yourself  
16a8 Asking for Help  
16a9 Being Friends  
16a10 Resolving Conflicts  
16a11 The Power of Choice  
16a12 Acting on Your Values  
16a13 Self-Esteem  
16a14 Coping with Pressures  
16a15 Drugs and Alcohol-Part 1  
16a16 Drugs and Alcohol-Part 2  
16a17 Drinking and Driving  
16a18 Sex  
16a19 Friendship and Dating  
16a20 Depression and Suicide  
16a21 Communicating with Parents  
16a22 Raising Your Parents  
16a24 You and Your Values  
16a25 Enhancing Self-Esteem  
16a27 Dealing with Pressures  
16a29 Preventing Conflicts and Violence  
16a31 Speaking of Sex  
16a33 Getting Along with Parents  
16a34 Respecting Others  
16a35 Abusive Relationships  
16a36 AIDS  
16a37 Cancer  
16a38 Child Abuse  
16a39 Eating Disorders  
16a40 Nutrition and Diet  
16a41 Peer Pressure  
16a42 Self-Esteem  
16a43 Sport Medicine  
16a44 Puberty  
16a45 Birth Control  
16a46 STDs  
16a47 Teen Pregnancy  
16a48 Teen Sexuality  
16a49 Sexual Harassment  
16a50 Changing – Puberty and Development  
16a51 Growing Up! For Girls  
16a52 Growing Up! For Boys

## **17 SWANK SERIES: “At Time of Diagnosis” (Dates 1996)**

- 17a1 Alcoholism
- 17a2 Alzheimer's Disease
- 17a3 Anorexia and Bulimia
- 17a4 Arthritis
- 17a5 Childhood Asthma
- 17a6 Back Pain (Lower Back)
- 17a7 Breast Cancer
- 17a8 Breast Lumps
- 17a9 Cataracts
- 17a10 Colon and Colorectal Cancer
- 17a11 Coronary Artery Disease
- 17a12 Depression
- 17a13 Diabetes
- 17a14 Endometriosis
- 17a15 Gallstones
- 17a16 High Blood Pressure
- 17a17 Infertility
- 17a18 Insomnia
- 17a19 Menopause
- 17a20 Migraine and Other Headaches
- 17a21 Osteoporosis
- 17a22 Obesity
- 17a23 Pregnancy
- 17a24 Prostate Cancer
- 17a25 Enlarged Prostate
- 17a26 Skin Cancer
- 17a27 Stress and Anxiety
- 17a28 Stroke
- 17a29 Thyroid Disorders
- 17a30 Ulcers (Gastrointestinal)

## **18 PERFORMANCE POWER/NUTRITION CONNECTION (Dates 1997)**

### **Use in Connection With the 18a Book Series**

- 18a1 Performance Power: Getting Started
- 18a2 Performance Power: Building a Performance Diet
- 18a3 Performance Power: Performance Choices
- 18a4 Performance Power: Fluids: Your Key to Performance
- 18a5 Performance Power: Nutritional Supplements: The Facts
- 18a6 Performance Power: High Caliber Nutrition in The Field



### **AUDIO TAPES-INFORMATION-Located at the Front Desk**

- 19a1 The Evidence Supporting Cholesterol Management
- 19a2 The Importance of Cholesterol Management in Patients with Multiple Risk Profiles
- 19a3 Everyday Healing Foods (4 cys)
- 19b1 OB/GYN Update
- 19c1 Time Management Clinic (Tips on Time Mgmt, Making Rounds, Developing New Systems) (2 cys)
- 19d1 Taking Control: A patient Guide to High Blood Pressure
- 19d2 People with HBP or Heart Diseased
- 19d3 Get To Go Blood Pressure (2 cys) 1999
- 19e1 Stress Management for Women
- 19f1 For People Managing Pain 1995
- 19f2 For People Coping with Headaches - Part I 1995
- 19f3 For People Coping with Headaches - Part II
- 19f4 Change the Channel of Pain (2 cys) 1983
- 19g1 Healthy Choices 1995
- 19g2 Eating 1996
- 19g3 Personal Empowering 1993
- 19h1 Crises in Immunology (Course 1; includes 2 tapes and printed info in box)
- 19i1 The Importance of Cholesterol Management in Pts w/ multiple Risk 1991

- 19j1 Stops Crying (Heartbeat Musical Therapy) for babies 1987
- 19k1 Easy Steps to Help You Sleep (2 cys) 1994
- 19l 1 How to Relieve the Effects of Stress (Dr. Art Ulene tells you... 1988
- 19m2 Stressrelease (a do-it-yourself relaxation program) 1983
- 19m3 Incest, Years After 1985
- 19m4 Relaxation Exercise (Deep Breathing & Imagery) 2000

## RELAXATION/LISTENING PLEASURE AUDIO TAPES

- A1.1 Awakening The Healer Within (2 cys)
- B1 Breaktime 1993
- B2 Body Image (2 cys) 1996
- C1 Calm Down (2 cys) 1996
- C3 Comfort Zone
- C4.1 Count Down to Relaxation (2 cys) 1993
- D1 Daybreak – Sundown 1993
- E1 Echoes of Nature (2 cys) 1993
- F1 Garden of Serenity II (2 cys) 1996
- G1 Get Aways (2 cys) 1993
- H1.1 Harmony (2 cys)
- H2.1 Healing Journey (2 cys) 1979
- H3 Healing Visions 1995
- H5.1 Healthy Balancing (2 cys)
- I 1 In The Vine
- I 2 Inner Healing 3 1993
- L1.1 Letting Go of Stress (4 cys) 1980
- M1 Mood (Vol II)
- M2 Music 4 Guitars
- N1.1 Natural Tranquilizers (2 cys) 1992
- P1 Passion for Essence 1987
- P2 Peaceful Places 1993
- R1.1 Rainbow Butterfly (2 cys) 1979
- R2 Refreshing Journeys (2 cys) 1988
- R3 Relax...Let Go...Relax 1995
- R4 Relaxing Retreats (2 cys) 1982
- S1.1 Serenity 1993
- S2 Solitudes: Rocky Mountain Suite
- S3 Songs of the Rainbow World
- S4 Spiritual Centering
- S5A Storm (Vol I) The Thunderstorm
- S5B Storm (Vol II) The Thunderstorm
- S6 Stress Escapes (2 cys) 1995
- S7 Stress R-E-L-E-A-S-E 1983
- S8 Successful Surgery and Recovery (2 Cys) 1980
- S9 Spectrum Suite 1975
- T1 Take a Deep B-R-E-A-T-H 1992

- T2 The Shores of Your Heart 1989
- T3 Tranquility (2 cys) 1993
- W1 Warm and Heavy (2 cys) 1988
- W2 Wilderness Daydreams One 1988
- W3 Wilderness Daydreams Two 1988
- W4 Wilderness Daydreams Three 1988
- W5 Wilderness Daydreams Four 1994
- W6 Woodland Winds
- W7 Worry Stoppers 1996

### **CDs**

- CD-1 Breast Cancer 1995
- CD-2 Breast Self-Exam 1994
- CD-3 Tricare Personal Profile Program
- CD-4 Breathing Freely 2000

## **OTHER RESOURCES, REFERENCES AND CURRICULUM**

### **SCHOOL HEALTH/HEALTHY HEART EDUCATION**

Answers By Heart  
 Getting to Know Your Heart-Middle School  
 Getting to Know Your Heart-Upper Elementary  
 Getting to Know Your Heart-Lower Elementary  
 Selling Addiction

### **REPRODUCIBLE RESOURCES**

Alcohol and Other Drugs  
 All About Backs  
 Cardiovascular Patient Education Resource Manual  
 Common Sense About AIDS  
 Dietitians Patient Education Manuals, Vol I and II  
 Fitness and Nutrition  
 Fitness  
 General Health and Stress  
 Geriatric Patient Education Resource Manual Vol I  
 Home Health Handbook Vol 1 - 6  
 Managing Work and Family  
 Mayo Clinic Family Health Book  
 Medical Illustrations

Nancy Clark's Sports Nutrition Handouts  
Nutrition and Weight Management  
Patient Teaching Loose-Leaf Library I, II and III  
People and Problems Self Care Information  
Surgery on File, Vols I, II and III  
The World's Best Anatomical Charts  
The Harper Collins Illustrated Medical Dictionary  
The Johns Hopkins Human Anatomy Chart Series  
The Human Body on File  
Women's Health Patient Education Resource Manual  
Working with Men's Groups Vol.I (Worksheet Masters)  
Working with Women's Groups Vol. I&II (Worksheet Masters)

## **HEALTH EDUCATION CURRICULUM**

A Worksite Program for Reproductive Health Promotion  
Administrator's and Leader's Guide  
Breast Cancer Awareness  
Chances or Choices  
Colon Cancer Awareness  
Decisions for Health Instructor's Manual  
High Blood Pressure  
HIV/AIDS Awareness  
Lipid/Cholesterol Class  
Management of Arthritis  
Management of Asthma  
Managing Your Diabetes  
Personal Wellness  
Physical Fitness  
Responsible Drinking  
Routine Exams/Immunizations  
Self-Care Responsibility  
Sleep Improvement  
STD Awareness  
Stress Management  
Stress Management Vol. I-V  
Stroke Prevention Screening Guide  
Video Curriculum

## **R- REFERENCE BOOK MATERIALS**

- R1 Guide to Social Security and Medicare 1994
- R2 The Merck Manual of Geriatrics 1990
- R3 Resource Directory for Older People
- R4 The Family Mental Health Encyclopedia 1989
- R5 The Mosby Medical Encyclopedia 1992
- R6 The Harper Collins Illustrated Medical Dictionary 1993
- R7 Physicians Desk Reference 48th Edition (2 cys) 1997
- R8 Infection Prevention for Family Planning Service Programs 1992
- R9 Control of Communicable Diseases Manual 1995
- R10 The American Medical Association Family Medical Guide 1994
- R11 The Heart of a Healthy Life 1992
- R12 Consumer Health: Contemporary Issues and Choices

## **SLIDES & TRANSPARENCIES**

C.A.R.E. Program  
Diabetes Education  
Decision for Health (Transparencies List)  
Help Your Heart  
Supermarket Savvy  
The Sports Nutrition Slide Show  
Wellness Education  
    Smoking  
    Stress  
    Cancer  
    Weight Management  
    Fitness  
    Healthy Diet  
    Cholesterol  
    Breast Health  
    Healthy Back  
    Heart Health  
    ACSM Healthy People 2000 Guidelines